

Supplementary Table 1. Lunch Option Composition.

Option 1	Option 2
White bread (2 slices) – 72 g	White bread (2 slices) – 72 g
Butter – 10 g	Butter – 10 g
Ham (1 slice) – 30 g	Chicken (1 slice) – 30 g
Cheddar cheese – 30 g	Cheddar cheese – 30 g
Energy – 345 kcal	Energy – 347 kcal
Carbohydrate – 33.5 g	Carbohydrate – 33.8 g
Protein – 16.2 g	Protein – 17.7 g
Fat – 17.1 g	Fat – 16.5 g
Fibre – 1.3 g	Fibre – 1.3 g

Supplementary Table 2. Drink specifications.

	Strawberry	Blackberry	Orange
INGREDIENT	%	%	%
Sucralose	0.0500	0.0500	0.0500
Potassium Sorbate	0.0300	0.0300	0.0300
Sodium Benzoate	0.0300	0.0300	0.0300
Allulose 77% DS	47.800	47.800	47.800
Citric Acid	0.1614	0.1614	0.1614
Potassium Citrate	0.0650	0.0650	0.0650
Flavour	0.5000	0.3000	0.3000
Water	943.836	945.836	945.836
TOTAL	100	100	100

Supplementary Table 3. Distribution of weight-for-age percentiles of screened participants.

Percentile	Treatment Sequence 1	Treatment Sequence 2	Treatment Sequence 3	Total
10th	0 (0.0%)	1 (10.0%)	0 (0.0%)	1 (3.3%)
10th-25th	0 (0.0%)	1 (10.0%)	0 (0.0%)	1 (3.3%)
25-50th	1 (10.0%)	0 (0.0%)	0 (0.0%)	1 (3.3%)
25th	0 (0.0%)	0 (0.0%)	2 (20.0%)	2 (6.7%)
25th-50th	1 (10.0%)	1 (10.0%)	0 (0.0%)	2 (6.7%)
50th	3 (30.0%)	2 (20.0%)	1 (10.0%)	6 (20.0%)
50th-75th	1 (10.0%)	2 (20.0%)	1 (10.0%)	4 (13.3%)
75th	2 (20.0%)	1 (10.0%)	1 (10.0%)	4 (13.3%)
75th-85th	1 (10.0%)	0 (0.0%)	0 (0.0%)	1 (3.3%)
85th	0 (0.0%)	2 (20.0%)	2 (20.0%)	4 (13.3%)
85th-90th	1 (10.0%)	0 (0.0%)	3 (30.0%)	4 (13.3%)
Total	10 (100.0%)	10 (100.0%)	10 (100.0%)	30 (100.0%)

Supplementary Table 4. Changes in stool frequency and consistency.

Scale Tolerance endpoint	Placebo		Mean difference	Low Dose		Mean difference	High Dose	
	Mean*	95% CI		95% CI	p-value		95% CI	p-value
Stool frequency	0.217	(-0.003, 0.436)	-0.167	(-0.388, 0.055)	0.146	-0.233	(-0.455, -0.012)	0.044
Stool consistency	0.374	(-0.285, 1.033)	0.073	(-0.727, 0.874)	0.858	0.023	(-0.77, 0.816)	0.955

Note: scale endpoints are change from baseline (Visit 2). Estimates are from mixed effect model with treatment arm as fixed effect and the random effects were visits within subjects.

*mean change from baseline in number of stools

Abbreviations: CI = confidence interval

Supplementary Table 5. GI symptoms experienced within 24 hours post-consumption of study product by participant, intensity, relatedness, action taken and outcome.

Participant	Description	Treatment	Intensity	Related	Action taken	Outcome
1	Mild pain/cramps + nausea	Dose 1	1	3	1	1
	Moderate cramps + nausea	Dose 2	1	3	1	1
2	Type 6-7 stool post product	Dose 1	1	3	1	1
3	Abdominal cramps	Dose 2	1	3	1	1
4	Mild cramps before passing stool lasted 1 minute	Placebo	1	3	1	1
5	Abdominal cramps	Dose 1	2	3	1	1
6	Mild cramps before passing stool 2 minutes	Dose 2	1	3	1	1
7	Mild cramps	Dose 1	1	3	1	1

Intensity: 1 = mild, 2 = moderate

Related: 1 = unrelated to study product, 2 = unlikely related to study product, 3 = possible related to study product

Action taken: 1 = non, 3 = therapy required

Outcome: 1 = recovered/resolved